



Safeguarding Adults Policy

Core Health Consultancy

Trading as

iCareiMove®
iCareiMove Coaching Academy

Version 1	Date
Named Safeguarding Lead	Helen Tite
Review Date	8/06/2020
File Location	
Signed	H Tite

Aims

Our Community tackles inactivity, improving health, education and quality of life of the older population and those that work with it through an engaging range of fun, effective and safe exercise and wellbeing programmes. This policy will ensure that Core Health Consultancy/iCareiMove and iCiMCA® will promote the welfare of any adults deemed to be at risk.

Core Health Consultancy/iCareiMove and iCiMCA® will not tolerate the abuse of adults in any of its forms and is committed to safeguarding adults with care and support needs from harm.

This policy outlines the steps Core Health Consultancy/iCareiMove and iCiMCA® will make to safeguard an adult with care and support needs if they are deemed to be at risk or at risk. This policy sets out the roles and responsibilities of Core Health Consultancy/iCareiMove and iCiMCA® in working together with other professionals and agencies in promoting the adult's welfare and safeguarding them from abuse and neglect.

Core Health Consultancy/iCareiMove and iCiMCA® will ensure that decisions made will allow adults to make their own choices and include them in any decision making. Core Health Consultancy/iCareiMove and iCiMCA® will also ensure that safe and effective working practices are in place.

This policy is intended to support staff and volunteers working within Core Health Consultancy/iCareiMove and iCiMCA® to understand their role and responsibilities in safeguarding adults. All staff and volunteers are expected to follow this policy.

The key objectives of this policy are for all employees and volunteers of Core Health Consultancy/iCareiMove and iCiMCA® to:

- have an overview of adult safeguarding
- be clear about their responsibility to safeguard adults
- ensure the necessary actions are taken where an adult with care and support needs is deemed to be at risk

Under the Human Rights Act 1998, everyone has the right to live free from abuse and neglect.

<https://www.equalityhumanrights.com/en/human-rights/human-rights-act>

Copies of this policy should be available within Core Health Consultancy/iCareiMove and iCiMCA® will not tolerate the abuse of adults in the organisation and staff and volunteers should be made aware of how this policy can be accessed.

What is Safeguarding adults?

'Safeguarding means protecting an adult's right to live in safety, free from abuse and neglect. It is about people and organisations working together to prevent and stop both the risks and experience of abuse or neglect, while at the same time making sure that the adult's wellbeing is promoted including, where appropriate, having regard to their views, wishes, feelings and beliefs in deciding on any action. This must recognise that adults sometimes have complex interpersonal relationships and may be ambivalent, unclear or unrealistic about their personal circumstances.'

Care and Support Statutory Guidance, Department of Health, updated February 2017

All adults should be able to live free from fear and harm. But some may find it hard to get the help and support they need to stop abuse. An adult may be unable to protect themselves from harm or exploitation due to many reasons, including their mental or physical incapacity, sensory loss or

physical or learning disabilities. This could be an adult who is usually able to protect themselves from harm but maybe unable to do so because of an accident, disability, frailty, addiction or illness.

Core Health Consultancy/iCareiMove and iCiMCA ® adheres to following the six key principles that underpin safeguarding work (See Care Act guidance)

Empowerment - Prevention – Proportionality – Protection – Partnership - Accountability

Core Health Consultancy and iCareiMove® will not tolerate the abuse of adults in staff and volunteers should ensure that their work reflects the principles above and ensure the adult with care and support needs is involved in their decisions and informed consent is obtained. Core Health Consultancy/iCareiMove and iCiMCA ® should ensure that the safeguarding action agreed is the least intrusive response to the risk. Partners from the community should be involved in any safeguarding work in preventing, detecting and reporting neglect and abuse. Core Health Consultancy/iCareiMove and iCiMCA ® should be transparent and accountable in delivering safeguarding actions.

What is Making Safeguarding Personal (MSP)?

MSP means a case should be person-led and outcome-focused. The individual should be involved in identifying how best to respond to their safeguarding situation by giving them more choice and control as well as improving quality of life, wellbeing and safety.

Core Health Consultancy/iCareiMove and iCiMCA ® will not tolerate the abuse of adults Core Health Consultancy/iCareiMove and iCiMCA ® will ensure that adults are involved in their safeguarding arrangements and each individual is dealt with on a case by case basis. As adults may have different preferences, histories and life styles, the same process may not work for all.

Who do adult safeguarding duties apply to?

The Care Act 2014 sets out that adult safeguarding duties apply to *any* adult who:

- has care and support needs, and
- is experiencing, or is at risk of, abuse and neglect, and
- is unable to protect themselves from either the risk of, or the experience of abuse or neglect, because of those needs.

Who do I go to if I am concerned?

The named responsible person for safeguarding duties for Core Health Consultancy/iCareiMove® is Helen Tite – helen@icareimove.com

All staff and volunteers should contact Helen Tite for any concerns/queries they have in regards to safeguarding adults. A log of the concern must be kept.

Helen Tite will be responsible to make decisions about notifying adult social services if required and consider alternative actions, where necessary.

Helen Tite will also ensure that the safeguarding Adults policies and procedures are in place and up to date. They will ensure a safe environment is promoted for staff and volunteers and adults accessing the service Helen Tite will ensure they are up to date with their safeguarding adults training.

What should I do if I am concerned?

Staff and volunteers at Core Health Consultancy/iCareiMove and iCiMCA ® who have any adult safeguarding concerns should:

1. Respond

- Take emergency action if someone is at immediate risk of harm/in need of urgent medical attention. Dial 999 for emergency services
- Get brief details about what has happened and what the adult would like done about it, but do not probe or conduct a mini-investigation
- Seek consent from the adult to take action and to report the concern. Consider whether the adult may lack capacity to make decisions about their own and other people's safety and wellbeing. If you decide to act against their wishes or without their consent, you must record your decision and the reasons for this.

2. Report and Record

- Name the person to whom staff/volunteers need to report any potential safeguarding concerns. This will usually be the organisation's designated safeguarding lead (see above). A written report of the safeguarding concern should be sent via email to helen@icareimove.com.
- As far as possible, records should be written contemporaneously, dated and signed.
- Helen Tite will keep records about safeguarding concerns confidential and in a location where the alleged abuser will not have access to the record. Access should not be given to any unauthorised person for accessing confidential information including the sharing of passwords.
- <https://www.icareimove.com/wp-content/uploads/2017/09/PRIVACY-POLICY.pdf>

3. Refer

In making a decision whether to refer or not, the designated safeguarding lead should take into account:

- (1) the adult's wishes and preferred outcome
- (2) whether the adult has mental capacity to make an informed decision about their own and others' safety
- (3) the safety or wellbeing of children or other adults with care and support needs
- (4) whether there is a person in a position of trust involved
- (5) whether a crime has been committed

This should inform the decision whether to notify the concern to the following people:

- the police if a crime has been committed and/or
- Contact Cornwall Council on 0300 1234 131 (out of hours number 01208 251300) or email accessteam.referral@cornwall.gov.uk.
- relevant regulatory bodies such as Care Quality Commission, Ofsted, Charities commission
- family/relatives as appropriate (seek advice from adult social services)

The designated safeguarding lead should keep a record of the reasons for referring the concern or reasons for not referring.

Incidents of abuse may be one-off or multiple and may affect one person or more. Staff and volunteers should look beyond single incidents to identify patterns of harm. Accurate recording of information will also assist in recognising any patterns.

What are your roles and responsibilities?



All staff, management, trustees and volunteers at Core Health Consultancy/iCareiMove.com® are expected to report any concerns to the named person for safeguarding. If the allegation is against one of Core Health Consultancy/iCareiMove.com® members, volunteers, trustees or directors, seek advice from Core Health Consultancy/iCareiMove.com® safeguarding lead, Helen Tite. If the allegation is against the safeguarding lead, seek advice from accessteam.referral@cornwall.gov.uk.

The designated safeguarding adults lead should be responsible for providing acknowledgement of the referral and brief feedback to the person raising the original concern. Feedback should be given in a way that will not make the situation worse or breach the Data Protection Act. If the police are involved, they should be consulted prior to giving feedback to the referrer to ensure any criminal investigation is not affected.

The local authority will decide on who will lead on a safeguarding enquiry should it progress to that stage. The named organisation should not conduct its own safeguarding enquiry unless instructed to do so by the local authority.

Staff and volunteers should ensure that the adult with care and support needs is involved at all stages of their safeguarding enquiry ensuring a person-centred approach is adopted.

Complaints procedure

Core Health Consultancy/iCareiMove.com® promotes transparency and honesty when things go wrong. All staff and volunteers should apologise and be honest with service users and other relevant people when things go wrong.

If a staff or volunteer or any other member of the organisation is unhappy with Core Health Consultancy/iCareiMove.com® decision about the safeguarding concern, refer them to Cornwall County Council on 0300 1234 131

Core Health Consultancy/iCareiMove.com® is committed to ensuring that staff and volunteers who in good faith whistle-blow in the public interest, will be protected from reprisals and victimisation.

The Mental Capacity Act 2005 is to be used when decisions on behalf of those adults with care and support needs who are unable to make some decisions for themselves. Refer to the Mental Capacity Act Code of Practice, <https://www.gov.uk/government/publications/mental-capacity-act-code-of-practice>. You will need to involve an advocate if the person lacks capacity to make decisions about the safeguarding concern.

Why is it important to take action?

It may be difficult for adults with care and support needs to protect themselves and to report abuse. They rely on you to help them.

Confidentiality and information sharing

Core Health Consultancy/iCareiMove.com® expects all staff, volunteers, trustees to maintain confidentiality at all times. In line with Data Protection law, Core Health Consultancy/iCareiMove.com® does not share information if not required. It should however be noted that information should be shared with authorities if an adult is deemed to be at risk of immediate harm. Sharing the right information, at the right time, with the right people can make all the difference to preventing harm. For further guidance on information sharing and safeguarding see: <https://www.scie.org.uk/care-act-2014/safeguarding-adults/sharing-information/keymessages.asp>

Recruitment and selection

Core Health Consultancy/iCareiMove.com® is committed to safe employment. Safe recruitment practices, such as Disclosure and Barring checks reduce the risk of exposing adults with care and support needs to people unsuitable to work with them.

Training, awareness raising and supervision?

Core Health Consultancy/iCareiMove.com® ensures that all staff and volunteers receive basic awareness training on safeguarding adults as they may come across adults with care and support needs who may be at risk of abuse. Those adults may report things of concern to staff or volunteers who should be equipped with the basic knowledge around safeguarding adults and be confident to identify that abuse is taking place and action is required. All staff and volunteers should be clear about the core values of Core Health Consultancy/iCareiMove and iCiMCA ® and commitment to safeguarding adults.

It is also useful to discuss training with staff who have attended training sessions to ensure they are embedding this in practice.

Prevent

Radicalisation and extremism of adults with care and support needs is a form of emotional/psychological exploitation. Radicalisation can take place through direct personal contact, or indirectly through social media.

If staff are concerned that an adult with care and support needs is at risk of being radicalised and drawn into terrorism, they should treat it in the same way as any other safeguarding concern.

For more information about Prevent see: <https://www.gov.uk/government/publications/prevent-duty-guidance>

Useful contacts

Helen Tite helen@icareimove.com	If your concern relates to an adult at risk of harm or abuse, please contact our Access & Advice Service (first point of contact for adult social services) Access Team 0300 1234 131 Option 2 01872 326433 (Adult Safeguarding Triage Team) email accessteam.referral@cornwall.gov.uk .
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Useful links

Care act- <http://www.legislation.gov.uk/ukpga/2014/23/contents/enacted>

Carer and support statutory guidance-

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/506202/23902777_Care_Act_Book.pdf

Prevent- <https://www.gov.uk/government/publications/prevent-duty-guidance>

Information sharing- <https://www.scie.org.uk/care-act-2014/safeguarding-adults/sharing-information/keymessages.asp>

Appendix 1

What are the types of safeguarding adults abuse?

The Care and Support statutory guidance sets out the 10 main types of abuse:

- Physical abuse
- Neglect
- Sexual abuse
- Psychological
- Financial abuse
- Discriminatory
- Organisational
- Domestic violence
- Modern Slavery
- Self-neglect

However, you should keep an open mind about what constitutes abuse or neglect as it can take many forms and the circumstances of the individual case should always be considered.

What are the possible signs of abuse?

Abuse and neglect can be difficult to spot. You should be alert to the following possible signs of abuse and neglect:

- Depression, self-harm or suicide attempts
- Difficulty making friends
- Fear or anxiety
- The person looks dirty or is not dressed properly,
- The person never seems to have money,
- The person has an injury that is difficult to explain (such as bruises, finger marks, 'non-accidental' injury, neck, shoulders, chest and arms),
- The person has signs of a pressure ulcer,
- The person is experiencing insomnia
- The person seems frightened, or frightened of physical contact.
- Inappropriate sexual awareness or sexually explicit behaviour
- The person is withdrawn, changes in behaviour

You should ask the person if you are unsure about their well-being as there may be other explanations to the above presentation.

Who abuses and neglects adults?

Abuse can happen anywhere, even in somebody's own home. Most often abuse takes place by others who are in a position of trust and power. It can take place whether an adult lives alone or with others. Anyone can carry out abuse or neglect, including:

- partners;
- other family members;
- neighbours;
- friends;
- acquaintances;
- local residents;
- people who deliberately exploit adults they perceive as vulnerable to abuse;
- paid staff or professionals; and
- volunteers and strangers

Raising a safeguarding concern

You are informed or become aware of possible abuse or neglect

Gather information,

- How does the adult wish for the concern to proceed
- What changes/support would they like as a result of this concern being raised?

RESPOND

Take action to ensure the immediate safety and welfare of the adult (and any other person/child at risk)

Consider:

- Does medical attention need to be organised? (dial 999)
- Is urgent police presence required? (dial 999)

REPORT

Has a crime been committed? If so, does it need to be reported? (dial 101 unless there is an immediate risk, in which case dial 999)
Preserve forensic evidence (if any)

REFER

Decide whether to raise a safeguarding concern, and if so, take action
Do this: Contact Helen Tite at helen@icareimove.com

- Immediately where the concern is urgent and serious
- Within the same working day for any other concerns

RECORD

Document the incident and any actions or decisions taken

REFER

Ensure key people are informed
For example, Responsible safeguarding lead, CQC, relatives as appropriate, service commissioning teams

SUPPORT

Provide support or feedback for the person identifying the safeguarding concern